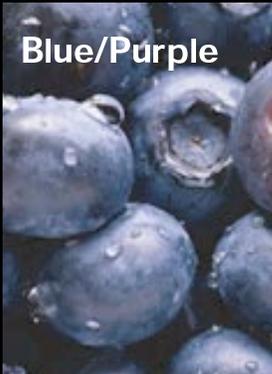


Savor the Spectrum

Color Your Daily Diet with Fruits and Vegetables

Color	Phytonutrient	Benefits	Found in
 <p>Green</p>	<p>Lutein (Yellow-Green and Leafy Greens)</p> <p>Indoles (Cruciferous Vegetables)</p>	<p>Helps Maintain Good Vision; Reduces the Risk of Cataracts or Macular Degeneration.</p> <p>Reduce the Risk of Cancer (Particularly Breast and Prostate Cancers); Reduce the Risk of Tumor Growth in Cancer Patients.</p>	<p>Kale, Spinach, Leafy Greens (Turnip, Collard, Mustard), Romaine Lettuce, Broccoli, Green Peas, Kiwifruit, Honeydew Melon.</p> <p>Broccoli, Cabbage, Brussels Sprouts, Bok Choy, Arugala, Swiss Chard, Turnips, Rutabaga, Watercress, Cauliflower, Kale.</p>
 <p>Orange</p>	<p>Beta-Carotene (Dark Orange)</p> <p>Bioflavonoids (Yellow-Orange)</p>	<p>Powerful Antioxidant; Boosts Immunity; Reduces the Risk for Cancer; Reduces the Risk of Heart Attacks; Helps Maintain Good Vision.</p> <p>Powerful Antioxidants; Work with Vitamin C to Reduce the Risk of Heart Attacks, Reduce the Risk of Cancer, and to Help Maintain Strong Bones/Teeth, Healthy Skin, and Good Vision.</p>	<p>Carrots; Sweet Potatoes; Pumpkin; Butternut Squash; Cantaloupe; Mangos, Apricots, Peaches.</p> <p>Oranges, Grapefruit, Lemons, Tangerines, Clementines, Peaches, Papaya, Apricots, Nectarines, Pears, Pineapple, Yellow Raisins, Yellow Pepper.</p>
 <p>Red</p>	<p>Lycopene</p> <p>Anthocyanins</p>	<p>Reduces the Risk of Prostate, Breast, and Skin Cancer; Reduces the Risk of Heart Attacks.</p> <p>Reduce the Risk of Cancer; Powerful Antioxidants; Help Control High Blood Pressure; Reduce the Risk of Diabetes Complications; Reduce the Risk of Heart Attacks; Reduce the Risk of Alzheimer's Disease.</p>	<p>Tomato-based Products (Tomato Juice, Spaghetti Sauce, Tomato Soup, Tomato Paste), Watermelon, Pink Grapefruit, Fresh Tomato, Guava.</p> <p>Red Raspberries, Sweet Cherries, Strawberries, Cranberries, Beets, Red Apples (with skin), Red Cabbage, Red Onion, Kidney Beans, Red Beans.</p>
 <p>Blue/Purple</p>	<p>Anthocyanins</p> <p>Phenolics</p>	<p>Reduce the Risk of Cancer; Powerful Antioxidants; Reduce the Risk of Age-Related Memory Loss; Help Control High Blood Pressure; Reduce the Risk of Diabetes Complications; Reduce the Risk of Heart Attacks; Reduce the Risk of Alzheimer's Disease.</p> <p>Powerful Antioxidants; May Slow Some of the Effects of Aging.</p>	<p>Blueberries, Blackberries, Purple Grapes, Black Currants, Elderberries.</p> <p>Dried Plums (Prunes), Raisins, Plums, Eggplant.</p>
 <p>White</p>	<p>Allicin</p>	<p>Boosts Immunity; Helps Lower High Cholesterol; Helps Control High Blood Pressure; Reduces the Risk of Heart Attacks; Reduces the Risk for Spread of Cancer (particularly stomach and colon cancer).</p>	<p>Garlic, Onions, Leeks, Scallions, Chives.</p>

*Fresh, Frozen, Dried and Canned Varieties all count.